

4 : 7

people

days

CARE BOX for Ukraine

4 : 7 Care Box meets the caloric and protein needs for a family of four for seven days in war-torn Ukraine. Our specially selected box contains canned meats, grains, legumes, canned & dried vegetables, healthy fats, seasonings and sucrose. The total nutritional value of each box weighs in at more than 50000 calories and 1750+ grams of protein with a total content weight of 16kg+.

A typical 4 : 7 Care Box contains :

2 kg of flour
2 kg of white beans
2 kg of semolina pasta
1 kg of sugar
600g canned beef
600g canned pork
800g cans of tomato paste
Salt /Black Pepper/Garlic powder/Paprika

2 kg of long grain white rice
1 kg of red lentils
500g of buckwheat
1 liter of oil
2 large packages of dried soy granules
120g of cocoa powder
200g of dehydrated vegetables
Active dry yeast (2 packets)

Food items and transport
to Ukraine cost 39€ / \$44/
33£ / 200 RON per
4 : 7 Care Box

4 : 7 Care Boxes will be packed by some of the 70+ refugees currently being housed at the Ruth Refugee Center and/or by volunteer teams from the local & global church community. Christian literature in Ukrainian such as New Testaments, devotional readings, and Psalms will be included in each and every 4 : 7 Care Box in addition to letters of encouragement and hope.

Become a 4 : 7 Partner

Supply funds for a 4 : 7 Box by visiting our website project-ruth.org/donate

Sponsor 10 Care Boxes and have your name and/or logo personalized on your boxes

Support an entire transport of 120 Care Boxes and write a letter of encouragement to be included in each of the boxes on your transport. Do not worry we will take care of the translating!

Serve by being a 360 partner in the 4 : 7 Care Box ministry by supporting 360 Care Boxes and sending a team of volunteers to pack & load those boxes out of our headquarters in